IN THE CLAIMS

Claim 1 (currently amended): A method for forming boards of foamable materials, said method comprising:

providing two plastic materials,

heating said plastic materials,

providing a foamable material and disposing said foamable material between said plastic materials,

heating said foamable material, and

injecting a gas into said foamable material,

squeezing said plastic materials and said foamable material together, to form a board having two outer layers formed by said plastic materials, and an intermediate layer formed by said foamable material,

cooling said plastic materials and said foamable material, and cutting said plastic materials and said foamable material.

Claim 2 (canceled).

Claim 3 (currently amended): The method as claimed in claim $\frac{1}{2}$, wherein said $\frac{1}{2}$ is selectable from carbon dioxide, propane, or butane.

Claims 4-5 (canceled).

Claim 6 (original): The method as claimed in claim 1 further comprising filling a foamable agent into said foamable material before conducting said heating process of said foamable material.